



Bridgton

Bridgton Farmers' Market

12 Depot Street
Sat 8-12(summer hours)
Winter market Nov-Apr Sat 9-12
Patch Farm

Buxton

Snell Family Farm

1000 River Road
Daily 10-4 July-Nov
Snell Winter Store: Dec-March Sat 9-2
(207)929-6166

Norway

Alan Day Community Market

26 Whitman St
Fri 5-8pm

Old Squire's Farm Market

493 Main Street
Thur 2-6
(207)998-2301
Verrills Vegetable Stand

Oxford

Smedberg's Crystal Spring Farm

1408 Main Street
Mon-Sat 8-6
Sun 8-5
(207)743-7689

Raymond

Meadow Brook Farm

727 Webb's Mills Road
Sat, Sun 10-5
(207)627-7009

Mulberry Farm

96 North Raymond Road
Wed-Fri 11-6:30
Sat 9-3

Sanford

Sanford Farmers' Market-Central Park

6 School St
Sat 8-12
(207)459-9438
Annettes Garden, Kelly Orchards, Midnight Farm, Two Toad Farm, Four Hearts Farm, Udderly Delicious Creamery

Springvale

MCDougal Orchards

201 Hanson Ridge Road
Sat-Wed 9-5
Thur-Fri 9-6
(207)324-5054

Steep Falls

Steep Falls Farmers' Market

Route 11 and 113
Sat 9-2
Sweet Relief Farm

Wells

Wells Farmers' Market

1622 Post Rd
Wed 1:30-5
(207)646-5926
Four Hearts Farm, Udderly Delicious Creamery, Girard Farm

Windham

Windham Farmers' Market

4 Turning Leaf Rd
Sat 8:30-12:30
Mulberry Farms



Using WIC Farmer's Market Checks Bring Your:

- * ID (personal identification)
- * WIC folder/ Participant Booklet
- * A box or bag to carry the produce

At the market:

- * Look for WIC signs. Those farmers accept WIC checks.
- * If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC checks.
- * Feel free to shop around before using your checks.
- * Enjoy the outdoors and music!

Important

- * You can use more than one check at a time.
- * The farmer cannot give money back for the checks.
- * You can use your own money if the total is more than the WIC check.

| NAME OF PARTICIPANT | | FIRST DAY TO USE | | LAST DAY TO USE | | CHECK NUMBER |
|---|--------|------------------|--------------|-----------------|--|--------------|
| SAMPLE CHECK | | 3/23/2016 | | 4/22/2016 | | 03356297 |
| PARTICIPANT I.D. | AGENCY | CLINIC | FOOD PACKAGE | FI TYPE | | |
| 10043571 | | | | | | |
| FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED): | | | | | | AMOUNT |
| \$11.00 For Fresh, Frozen or Canned Fruits &/or Vegetables | | | | | | \$ 10.57 |
| XXX END OF ORDER XXX | | | | | | VENDOR STAMP |
| DEPOSIT WITHIN 90 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR | | | | | | |
| X WIC Customer | | | | | | |
| SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY | | | | | | |

- * Monthly WIC fruit and vegetable checks can also be used with WIC farmers.
- * You can use SNAP benefits to pay for items at many markets and stands.

For more information about WIC call **207.553.5800** or visit WICforME.com

10 Reasons to Eat Locally Grown

1. Local food tastes better.
2. Locally grown produce is fresher.
3. Local food gives back to local economies.
4. Local food supports local farms.
5. Local food keeps us in touch with the seasons.
6. Local food supports clean environments and benefits wildlife.
7. Local food builds stronger communities.
8. Local food supports responsible land development.
9. Local produce is healthier for you.
10. Local food is about the future.

WIC is a program of The Opportunity Alliance. The Opportunity Alliance is a non-profit, multi-service, community action agency committed to transforming our community by helping people in need build better lives. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis of race, color, sex, age, disability, religion or national origin.

the
Opportunity
Alliance



2020

wic MAINE

Lakes Region Farmers' Market Guide

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